



COME AS YOU ARE SWEAT

Friday

AUGUST 28, 2026

12:00 - 5:00 PM

XFN Community Services Sweat Lodge

Full Moon Sweat:

The August Full Moon, named the Sturgeon Moon by Indigenous tribes of the Great Lakes, spiritually symbolizes resilience, ancient wisdom, and emotional clearing. Just as the sturgeon stirs up the deep mud, this moon brings hidden emotions to the surface to be processed, encouraging quiet endurance and trusting your instincts.

FOR MORE INFORMATION CONTACT:

Courtney at 250-989-2355 ext. 132

